

**APPLICATION OF ACTIVE CYCLE OF BREATHING TECHNIQUE  
(ACBT) THERAPY TO REDUCE THE RESPIRATORY RATE IN  
PATIENTS WITH PULMONARY TUBERCULOSIS LUNG  
IN TULIP ROOM OF DR. SOERATNO  
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**ABSTRACT**

**Background:** Tuberculosis (TB) is an infectious disease caused by the bacterium *Mycobacterium tuberculosis*, which mainly attacks the human respiratory system. So that pulmonary tuberculosis patients can experience shortness of breath and increased respiratory rate. One way to help reduce the patient's respiratory rate is through Active Cycle of Breathing Technique (ACBT) therapy. **The purpose** of this study was to determine the effect of Active Cycle Of Breathing Technique (ACBT) therapy to reduce Respiratory Rate in patients with pulmonary tuberculosis. **The method** in this study uses descriptive methods in a case study type of research. Active Cycle Of Breathing Technique (ACBT) therapy was given for 5 days to 2 respondents. **The results** of the research from the two respondents both showed a decrease in the patient's respiratory rate after being given Active Cycle Of Breathing Technique (ACBT) therapy intervention. The first patient respiratory rate from 29 x/min to 18 x/min and the second patient respiratory rate from 28 x/min to 21 x/min. **Conclusion:** Active Cycle Of Breathing Technique (ACBT) therapy can be applied to Pulmonary Tuberculosis patients in the Tulip room of RSUD dr. Soeratno Gemolong, Sragen.

**Keywords:** Pulmonary Tuberculosis, Active Cycle of Breathing Technique (ACBT) Therapy